

Name Sample Patient Age/Sex 38 / Female Patient No. 000000 Blood type O Rh+

Most of your results are normal. Three things are worth attention: your cholesterol (“bad” LDL and total) is a little high, one liver enzyme is at the upper edge of normal, and vitamin D is low. None of these is urgent.

1 LDL cholesterol (“bad” cholesterol) — a little high

LDL 148 (target below 130) and total cholesterol 225 (target below 200) are a little high; the total is up mainly because of LDL. HDL and triglycerides are fine. Over years, high LDL builds up in blood vessels. **Diet and exercise come first — medicine is usually not needed yet.**

2 Liver enzyme (ALT) — upper edge of normal

ALT 38 (normal up to 41); other liver tests are normal. Often due to a little fat in the liver, weight gain or alcohol. **Less alcohol and a little weight loss usually bring it down.**

3 Vitamin D — low

Vitamin D 17 (sufficient 30+). Very common in winter or with little time outdoors. **A daily supplement (1,000–2,000 IU) is usually enough.**

4 Your full results — ✓ normal · ▲ upper edge of normal · ! needs attention

Blood count

Hemoglobin	13.2 g/dL	12.0–16.0	✓
White blood cells	6.1 ×10 ³ /μL	4.0–10.0	✓
Platelets	245 ×10 ³ /μL	150–370	✓

Liver

AST	29 U/L	0–40	✓
ALT	38 U/L	0–41	▲
γ-GT	24 U/L	10–71	✓
ALP	72 U/L	40–129	✓
Bilirubin	0.6 mg/dL	0.0–1.2	✓

Kidney · salts

Creatinine	0.70 mg/dL	0.50–0.90	✓
eGFR	105	≥ 90	✓
BUN	12 mg/dL	6–20	✓
Na · K	140 · 4.2	normal	✓

Blood sugar

Fasting glucose	92 mg/dL	70–99	✓
HbA1c	5.3 %	≤ 5.6	✓

Cholesterol

Total cholesterol	225 mg/dL	< 200	!
LDL (“bad”)	148 mg/dL	< 130	!
HDL (“good”)	58 mg/dL	≥ 40	✓
Triglycerides	110 mg/dL	< 150	✓

Thyroid

TSH	2.1 μIU/mL	0.27–4.20	✓
Free T4	1.21 ng/dL	0.92–1.68	✓

Hepatitis · infections

Hep B antigen	Negative	Negative	✓
Hep B antibody	85 protected	≥ 10	✓
Hep A antibody	Immune	—	✓
Hep C · HIV · syphilis	Negative	Negative	✓

Tumor markers · others

AFP · CEA	2.1 · 1.4 ng/mL	≤ 7.0 · ≤ 3.8	✓
CA 19-9	8 U/mL	≤ 34	✓
Vitamin D	17 ng/mL	30–100	!
CRP · RA factor	Negative	Negative	✓

Urine

Protein·Sugar·Blood	Negative	Negative	✓
pH	6.0	4.8–7.8	✓

Tumor markers alone cannot rule out cancer — age-appropriate endoscopy and imaging are still needed.

5 Your next check-ups

- Cholesterol, ALT and vitamin D: recheck in 6–12 months.
- Cervical cancer screening (Pap test): every 2 years.
- From age 40: stomach endoscopy and mammogram every 2 years.
- From age 45–50: colon check (colonoscopy, or stool test every year).

6 Glossary

LDL / HDL “bad” / “good” cholesterol in the blood

AST / ALT liver enzymes — rise when liver cells are stressed

eGFR how well the kidneys filter (90+ is normal)

HbA1c average blood sugar over the last 3 months

CEA, CA 19-9, AFP tumor markers — a clue, not a diagnosis

What to do next

- Visit the clinic to review these results with the doctor (or ask us by email or KakaoTalk).